

# Super-Stylish Expectant Mums

IASC  
MEMBER,  
GAYLE  
GOVER,  
EXPLORES  
HOW TO  
LOOK GOOD  
& FEEL  
FABULOUS  
WHEN  
PREGNANT...



Being an expectant mum is a time of huge change, both hormonally and in body shape. But just because your body is changing shape, it doesn't mean you have to lose your individual style, which reflects your personality.

Increasingly, expectant mums have jobs and will be intending to continue working till late on in their pregnancy. You will therefore continue to need a wardrobe, as well as casual clothes for relaxing in and a couple of outfits for smarter social events. Fortunately, there are far more maternity clothes' choices for mums-to-be today, than there were 15-20 years ago, with more specialist companies, plus high street chains offering maternity ranges. No longer is it the dreaded smock-styles and Peter Pan collars – with a bit of thought, you can be pregnant and stay stylish. Just because you are going to be big, does not mean you should be wearing baggy or shapeless clothes.

Even so, it is a challenging time wardrobe-wise, but with careful selection during the early months, you should be able to adapt a lot of your existing clothes and still make them work for you. Try to avoid falling into the trap of rushing out and

buying maternity clothes immediately you get your wonderful news – wearing them too early will just make you look bigger.

A wardrobe de-clutter is a good starting point. Bag-up, or transfer to another wardrobe your tight fitting, figure hugging clothes. Many pregnancies will span 3 seasons, so you probably won't be wearing these clothes again until next year anyway. Don't taunt yourself by repeatedly looking at them, wishing you could still fit into them - create some space. You will be building up your maternity wardrobe in stages as your body shape changes, and although you may initially be in denial, there will come a point when you have to wear maternity clothes.

#### Ways to adapt and wear your existing clothes include:

- Using a bra extender hooked to the back of the bra enables you to go from say a 34" to a 36" bra. NOTE: This doesn't increase the cup size and at some point you must be professionally fitted for a couple of good support bras.
- Skirt and trouser extender loops can allow an expansion of a couple of inches, or even hooking a few safety pins together, looping a rubber band figure-eight around a button, or stitching in some Velcro, can do the same job in bridging the gap.
- Creating slits in the side seams of inexpensive T-shirts or tops provides a

bit more room for expansion, when worn under other clothes.

- Layering clothes helps with temperature changes and existing shirts and blouses can be worn open, over camisoles, vests or T-shirts.
- Fitted, or tailored tops, can be buttoned to just below the bust and then left open showing a layer of clothing beneath.
- You can continue to wear low-slung belts during these first few months
- Most jackets and coats can still be worn, but un-buttoned. A long scarf tucked under the lapels will give a lengthening and slimming effect and adds a bit of colour and style.
- Smart fitted cardigans can still be worn over your shoulders.
- Accessorise with attractive necklaces, ear-rings and scarves. By attracting the eye up to your face, helps disguise what is going on elsewhere.
- Dressing when an expectant mum, is no different to any other time, in so far as you want to enhance your good parts and play down the parts of your body you are less happy with. For example, if your legs are looking good, wear skirts and dresses, hemlines just above or on the knee and low-heeled stylish shoes or sandals. If you are revelling in an impressive cleavage you never had before, wear v-neck or scoop necked tops and dresses. If you have slim wrists, wear three-quarter length/bracelet sleeved tops and pile on attractive bangles or cuffs.



During these first few months of the pregnancy you can also buy a few items in 1 or 2 sizes larger than your usual clothes size. (Don't try and jump too many sizes though, as large sizes are not cut to fit pregnant women). These bigger sized clothes will also come in handy for the first few months after you have had the baby, until you get your figure back.

The adaptive wardrobe phase is only temporary, and at around 12-16 weeks you are likely to have to start wearing maternity clothes. When shopping, remember what season it will be when you actually give birth and select some clothes accordingly. Maternity clothes need to be durable; they are subjected to a lot of tension and straining at the seams. You will get a lot of wears out of each item – so it is worth spending a little more. Try and select fabrics of a reasonable quality and weight, which will wash and hang well when wearing. If you find any items you really like, it's an idea to buy 2 or 3 of them in different colours or varying sizes – the chances are if you go back for them in later months they won't be there. Stick to your usual colours, which flattered your complexion previously – this is really not the time to be selecting a different colour palette.

### Items to Avoid:

- Tops with kangaroo pouches – they only add bulk
- Tops with elasticated hems and cuffs, they balloon your shape
- Cargo pants, they add bulk
- Sweat pants with elasticated ankles. (Yoga-style trousers are better).

### Items to Choose:

- Empire line (fitting under the bust) dresses and tops
- Wrap around skirts, tops and dresses
- Trousers with low-slung or elasticated waists
- Tunic or kaftan style tops in attractive colours, with interesting beading or embellishments to the neckline or sleeves.
- Swing-style three-quarter jacket or coat. Trench style coat, worn without the belt
- Cotton underwear. Pregnant women perspire more and this will help your body breathe.
- Loose fitting cardigan or pashmina wraps for warmth.
- Large bold prints - they make your bump look smaller
- Larger accessories, eg. necklaces and bags, staying in proportion to your shape
- Dresses over trousers, or with thick tights and boots to keep warm in winter
- Maternity jeans now have stretchy side panels and not the horrible pouch in front as the old style ones had. (Again a useful item to have after the baby is born).

Continue with your usual good grooming routine and above all eat healthily and exercise sensibly. Your inner glow will shine through!

View Gayle's website @ [www.g-stylecoaching.co.uk](http://www.g-stylecoaching.co.uk)



### Check out these sites:

- [www.seraphine.com](http://www.seraphine.com)
- [www.hautemama.ie](http://www.hautemama.ie)
- [www.isabellaoliver.com](http://www.isabellaoliver.com)

### Check out YouTube:

Heidi Klum's Tips to a Fashionable Pregnancy: <http://www.youtube.com/watch?v=I-8mSbZnqpk>

Fashionable Baby Bumps: <http://www.youtube.com/watch?v=ZkJffGULcs&feature=related>